

A close-up photograph of a young child with light brown hair and large, expressive brown eyes. The child is looking directly at the camera. On their forehead, there is a yellow and green paint smudge. Their nose and cheeks are smeared with red paint. They are holding a red paintbrush in their mouth. The child is wearing a blue sleeveless top. The background is a bright, solid green color.

8 One-Minute Anxiety Relief Tools for Kids Big and Small




there is no one-size-fits-all-magic-pill ...
solution for anxiety

A close-up of Aladdin's hand holding the magic lamp, with Genie's face visible in the background. The scene is set against a dark blue background with many small, glowing blue circles, resembling stars or magical sparks. The text is overlaid on a semi-transparent dark blue band across the middle of the image.

Find below 8 One Minute ...
MAGIC techniques that have worked for you

#1 BREATHE



LAUGH
AS MUCH
AS YOU

BREATHE
AND LIVE
AS LONG AS
YOU LIVE.

the body can also ...
communicate with the mind

- JOHNNY DEPP -



SYMPHONY OF LOVE

PHOTO BY BOUDEWIJN BERENDS

#2 DRINK
WATER



**Water helps deliver vitamins and nutrients ...
to their proper destinations**

#3 HUG A
LOVED ONE

A close-up photograph of two young children with light brown hair and bangs. They are both smiling and looking towards the camera. The child on the left is wearing a blue and white striped shirt, and the child on the right is wearing a red shirt. They are hugging each other. The background is dark and out of focus.

A hug with a loved one ...
can melt stress away

#4 BE
MINDFUL

A close-up photograph of a metal can, likely a soda can, covered in vibrant graffiti. The background is a mix of blue, yellow, and red spray paint. In the center, the words "BE MINDFUL EVEN IF YOUR" are written in white, blocky, hand-painted letters. Below this, the words "MIND IS" and "FULL" are partially visible, also in white. To the left of the text is a simple black outline of a face with a large, white, oval-shaped eye. To the right is another black outline of a face with a large, yellow, oval-shaped eye. The overall style is urban and expressive.

BE MINDFUL
EVEN IF YOUR

thinking about the past or future ...
is more likely to trigger anxiety than focusing on the present

#5 WITNESS
LOVE



**viewing pictures of others' being cared for ...
can soothe anxiety**

Vinoth Chandar

#6 REFRAME
STRESS

A close-up photograph of a hand holding a bright green, cylindrical stress ball. The ball has a textured surface and a visible seam. The background is a soft, out-of-focus light blue and white. A dark grey horizontal band with white text is superimposed across the middle of the image.

A little stress in your life is okay ...

stress



your mindset regarding stress ...
influences how your mind and body react to it

#7 KEEP IT REAL



the best ways to bring yourself back ...
from a distorted reality is self-disputation

#8 LAUGH



laughter can relax muscles ...
improve respiration and circulation

A close-up photograph of a baby with light brown hair, laughing heartily with its mouth wide open. The baby is wearing a brown long-sleeved shirt that has the words 'PNG ICE' printed on it in a light blue, blocky font. The background is dark and out of focus, showing some faint, circular patterns. A semi-transparent dark horizontal band is overlaid across the middle of the image, containing white text.

stimulate the production of endorphins ...
(natural pain killers)

A young boy with brown, curly hair is shown from the chest up, wearing a blue Superman t-shirt with a red cape. He is smiling broadly and laughing, looking slightly to his left. The background is a blurred indoor play area with colorful ropes and structures. A semi-transparent dark grey horizontal band is overlaid across the middle of the image, containing white text.

and decrease ...
stress-related hormones



Click here

to learn more



— *Peace within Reach* —

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Strategies for Children**

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